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Olympic Wushu Curriculum Overview

Wushu, as included in the 2026 Youth Olympic Games, features two main disciplines: **Taolu** (routines/forms) and **Sanda** (sparring), but for the Olympics, the focus is on Taolu events-specifically men's and women's *changquan* (long fist) and *taijiquan* (tai chi)[1] [2]. The curriculum emphasizes athleticism, technical skill, flexibility, and cultural expression.

Key Elements of the Olympic Wushu Curriculum

1. Fundamental Techniques

- Stances: *Ma Bu* (horse stance), *Gong Bu* (bow stance), *Xie Bu* (rest stance)[3]
- Kicks: Front kick, loose front kick, side kick, sharp kick[4] [3]
- Jumps: Knee-to-chest jumps, split jumps, whirlwind kicks, lotus kicks[4] [5]
- Hand Techniques: Punches, blocks, and flowing arm movements[5] [3]

2. Routine Structure (Taolu)

- Routines combine basic movements, jumps, balances, and acrobatics, judged on technical quality, difficulty, and overall performance[6] [7].
- Athletes must demonstrate flexibility, strength, and precise coordination in both compulsory and self-choreographed routines[7] [6].

3. Physical Conditioning

- Endurance: Running (short daily runs, longer runs monthly)[5]
- Flexibility: Daily stretching routines focusing on splits, straddle, and core mobility[8]
- Strength: Plyometric exercises, stance holding, and basic gymnastics skills[5] [8]

Sample Instructions and Drills

Warm-Up & Stretching

- 5–10 minutes of light cardio (jogging or skipping)
- Dynamic and static stretching: head-to-toe, front splits, straddle splits, shoulder and core stretches[8] [5]

Basic Drills

- Loose front kicks: For joint mobility and warm-up[4]
- Front kicks: For flexibility and control, aiming for height without bending the supporting leg[4]
- Knee-to-chest jumps: For explosive power and agility, performed from horse stance[4]

- Split jumps: For strength and flexibility, executing a side split in midair[4]

Routine Practice

- Practice sequences of hand forms and weapon forms (if applicable)[5]
- Focus on clean transitions, balance, and expression

Cool Down

- Light stretching and breathing exercises to aid recovery[8] [5]

Training Structure Example

- **Beginner:** 3–5 hours/week; focus on technique, basic kicks, jumps, and short runs[5]
- **Intermediate/Advanced:** Add more complex jumps, longer routines, and increased conditioning

> “Endurance, flexibility, and plyometric strength are very important in wushu. Intermediate athletes should be able to perform the front splits, hold each stance for at least 2 minutes and easily run 5km.”[5]

Would you like a detailed weekly training plan or guidance for a specific wushu event?

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1. https://shaolin-kungfu.com/kung-fu-wushu-olympic-games/
2. https://www.iwuf.org/en/competitions/other-iwuf-events/index.html
3. https://www.tutorialspoint.com/wushu/wushu_quick_guide.htm
4. https://www.activesgcircle.gov.sg/learn/wushu/drills-for-wushu-beginners
5. https://www.scribd.com/document/418962498/Wushu-Training-Routines-docx
6. http://www.wushu-olympics.com/wushu.html
7. https://en.wikipedia.org/wiki/Wushu_(sport)
8. https://wushuadventures.com/my-framework-for-wushu-self-training/